

Activity: Sleep Slumber



Stop by and see your Healthy Lifestyle Coach to answer trivia questions about sleep. You'll learn about the importance of quality sleep, the sleep cycle, and how to establish healthy sleeping habits. Coach Lou is also available to answer your health and wellness questions. Get your ZZZzzzzzz.

James Monroe Building Main Floor
Thursday July 6: Outside Cafeteria
11am – 2pm

Healthy Lifestyle Coaching is available at **no cost to COVA employees** enrolled in **COVA Care, COVA HDHP, or COVA HealthAware**. Call Coach Lou to schedule your appointment and get started on your journey to better health!



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